



OKLAHOMA
Mental Health &
Substance Abuse

Together Strong

STUDENT EDUCATION SIMULATION

An interactive role-play simulation for student leaders and student veterans that builds understanding and appreciation of the challenges faced by veterans and prepares users to lead real-life conversations with veterans struggling to adjust to civilian life.

TOPICS

Military cultural competency and mental health

USERS

Student veterans and student leaders

SETTINGS

Universities and colleges

DURATION

45
minutes

Developed in collaboration with the Veterans Affairs of NY/NJ, this online and mobile solution helps drive sustainable changes in behaviors that support help-seeking, resilience, peer support, and stigma reduction.

The Oklahoma Department of Mental Health and Substance Abuse Services is sponsoring online training programs and resources to address topics including recognizing and responding to mental and emotional distress among youth and adults; improving resilience; and preventing mental and emotional distress responses.

BUILD REAL-LIFE SKILLS IN A VIRTUAL ENVIRONMENT

Assume the role of a peer and talk with three virtual veterans/service members who are struggling with re-adjusting to civilian life. Try different approaches to see what works best.

USERS PLAY
VIRTUAL PEER

CONVERSATION MENU

VIRTUAL VETERANS/
SERVICE MEMBERS



Learn more at kognito.com

Harnessing the power of conversation to improve student veterans' academic success and retention.

Returning veterans enter the classroom with valuable life and leadership experiences; however, transitioning to civilian and student life represents unique challenges. With more than a million student veterans representing 4% of the total student population, it is imperative for schools to train their student leaders and students on how to best support fellow student veterans leading to higher rates of graduation, retention, and academic success.

LEARNING OBJECTIVES

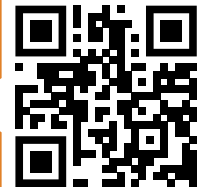
- Recognize signs that a peer may be distressed or struggling
- Use effective conversation tactics to elicit information, show you're listening, and help problem solve
- Learn to refer a friend in distress with on- and off-campus support services

FEATURES

- Fully-hosted solution deployed to users in less than one week
- Technical assistance and outreach templates to drive adoption
- Usage reports and customizable online surveys to support program evaluation
- Customizable list of local and campus-specific mental health and veterans resources

TO ACCESS THIS SIMULATION

1. Visit <https://ok.kognito.com>
2. Log in or create a new account
3. When creating an account, select the appropriate "POV" that best fits you.
4. Please select your school from the drop-down list.
5. Choose simulation from carousel



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 **Kognito** Conversations that change lives.

Learn more at kognito.com

Kognito is a pioneer in developing simulations that prepare individuals to lead real-life conversations that improve health.

<https://www.ok.gov/odmhsas/>